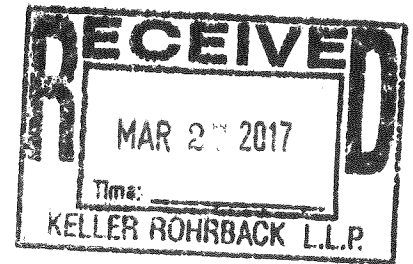


# **Exhibit J**

March 22, 2017

To:  
Lynn Lincoln Sarko  
KELLER ROHRBACK L. L. P.  
1201 Third Avenue, Suite 3200  
Seattle, WA 98101



Lann v. Trinity Health Corporation  
Case No. 14:cv-02237 (PJM)  
Chavies v. Catholic Health East  
Case No: 16-ev-1417 (PJM)

Notice of Objection:

I received Notice of Proposed Settlement of ERISA Class Action.

I am objecting to this settlement and request removal from class action. I do not understand why this legal maneuver is being taken.

I do not know what ERISA is.

I do not know the facts and I have no legal support for this case.

I am completely satisfied and grateful for the small pension amount I receive. There has never been any problem with my receiving my benefits.

Holy Cross Hospital was an excellent employer.

Again, I request removal from this action

Respectfully,

Richard Seibel

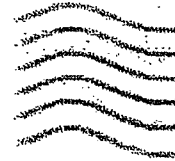
3430 Thurloe Dr  
Viera FL 32955-6064  
(321) 634-5476



Richard Seibel  
3430 Thurloe Drive  
Viera, FL 32955-6064

ORLANDO FL 328

22 MAR 2017 PM 4 L



KELLER ROHRBACH L.L.P  
1201 3RD AVE STE 3200  
SEATTLE WA 98101-3052

ATTN: LYNN LINCOLN SANCHEZ -305299

